



PRISONER OF WAR

cooking
guide

FOR USE WITH

THE AMERICAN RED CROSS STANDARD FOOD PACKAGE

To our Compatriots:

In preparing these suggestions we have tried to consider the availability of food in the prison camps according to location, season, and gardening facilities. All vegetables mentioned may be grown from the seed in the American Red Cross Garden packages.

There are a few ideas here that we hope will be of help and illustrations have been included to give the text lightness if nothing else.

Through your camp spokesman, please send us recipes and ideas on the contents of the Standard Food Parcel.

Always at your service.

AMERICAN RED CROSS



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**AMERICAN RED CROSS
WASHINGTON, D. C.**

A Balanced Ration

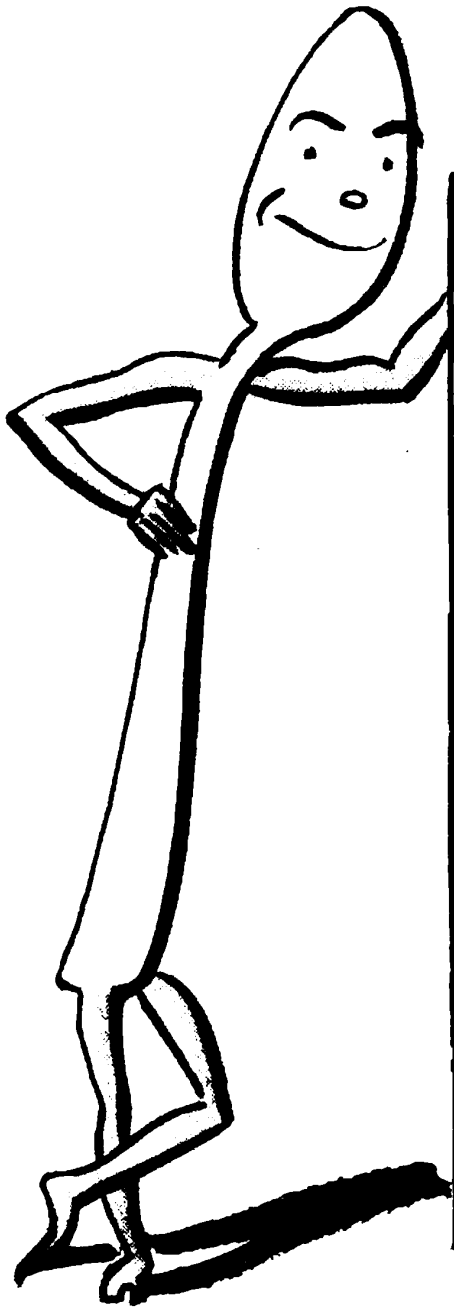


+ The food in the American Red Cross food packages has been carefully selected in order that you may have at least a minimum of the protective elements essential for maintaining good health and building up resistance to disease. Each food has a purpose—each will make a special contribution to your diet. For this reason, it is to your advantage to use all the variety the package provides. Unless you do this, your diet will most probably be deficient in some of the protective elements that your body needs.

It should be remembered that meats and fish spoil quickly and should be used as soon as the can is opened.

All of the food in the package can be used without additional cooking, if you so desire. The cooking suggestions given in this booklet are, however, offered to give ideas on how greater variety may be obtained where cooking facilities are available and to suggest how vegetables grown in the camp gardens should be cooked in order that the greatest amount of food values may be retained. Each recipe yields about 6 average servings.

· APPROXIMATE MEASUREMENTS



3 teaspoons = tablespoon

16 tablespoons = 1 cup

2 cups = 1 pint

2 pints = 1 quart

16 ounces = 1 pound

2 tablespoons fat = 1 ounce

1 cup sugar = $\frac{1}{2}$ pound

$\frac{1}{2}$ pound American cheese, grated
= 2 cups

4 quarts raw greens cook to
about $2\frac{1}{2}$ cups

36 cubes sugar = $\frac{1}{2}$ pound

POWDERED

MILK IS

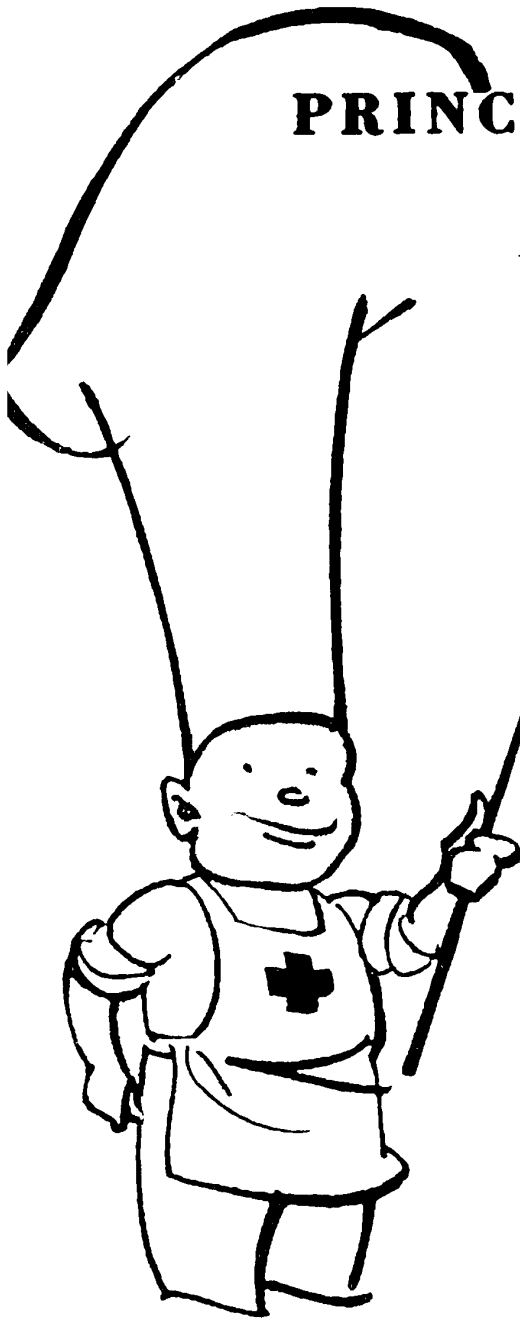
O.K.



Whole milk powder is made from whole fresh milk, with full cream content. When dissolved in water it is ready for drinking or cooking. One pound of whole milk powder will make one gallon (approximately 4 liters) of fluid milk if mixed with $3\frac{1}{2}$ quarts (approximately $3\frac{1}{2}$ liters) of water. The whole milk powder may be used in the dry form for baking purposes, if desired. In this case, it should be sifted with the flour and other dry ingredients and water used as the liquid. Four tablespoons (packed and leveled) of milk powder should be used for each cup of liquid. To reconstitute whole milk powder: Measure cold or hot water into a container, sprinkle the powder over the surface and stir or beat briskly or shake in a tightly closed jar until the powder over the surface is completely dissolved.

The tin containing powdered milk should be kept tightly closed to prevent deterioration.

PRINCIPLES OF COOKERY



1. Minerals and vitamins are best conserved by avoiding the soaking of fresh foods, and by steaming, baking, or boiling in a small quantity of water, *only* until the food is tender.

2. Protein foods such as cheese, eggs, and meat are toughened by high temperatures. It is best, therefore, to use low heat.

3. Fats decompose readily at high temperatures. Use low temperature. When fat smokes, it is too hot.

4. Starchy foods such as cereals and potatoes require moderate heat and thorough cooking. The time depends upon the food and its condition.

S O U P S

Cream of Potato Soup

4 large potatoes
1 onion
1 pint milk

1 quart water
2 teaspoons salt

1. Pare and dice potatoes
2. Cut onion fine
3. Boil potatoes and onion until tender in the water to which the salt has been added
4. Mash potatoes, if desired
5. Add milk and bring to boiling point
6. Serve at once. Garnish with cubed or grated cheese.

Cream of Tomato Soup

3 cups milk	3 cups tomatoes
3 tablespoons fat	(cooked & strained)
3 slices onion	3 tablespoons flour
$\frac{3}{4}$ teaspoon salt	$\frac{1}{3}$ teaspoon salt

1. Melt the fat over a low fire.
2. Add the flour and salt and blend. Do not brown.
3. Add milk slowly, stirring constantly.
4. Add the onion and cook until sauce begins to bubble and thicken.
5. Heat the tomatoes and $\frac{1}{3}$ teaspoon salt in another pan.
6. Combine the boiling white sauce and the boiling tomatoes. *Do not boil* the mixture or it will curdle.
7. Serve soup at once.

Cream of Vegetable Soup

Prepare in the same manner as cream of tomato soup but use a single vegetable or a combination of vegetables instead of the tomatoes. The vegetables may be cut into small pieces, chopped, or sieved.

Vegetable Soup

1 quart mixed diced raw vegetables, such as potatoes, turnips, onion, carrots, cab- bage and tomatoes.	1 1/2 teaspoons salt 1 cup milk 1 tablespoon fat
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1. Place the vegetables in cooking pot, add the salt, and enough boiling water to cover the vegetables.
2. Cook until the vegetables are tender.
3. Add the milk and fat.
4. Heat thoroughly and serve at once.



Soup Fillers

Cheese, pork luncheon meat, chopped ham, or corned beef may be cut into small pieces, and added to soup.

VEGETABLE DISHES

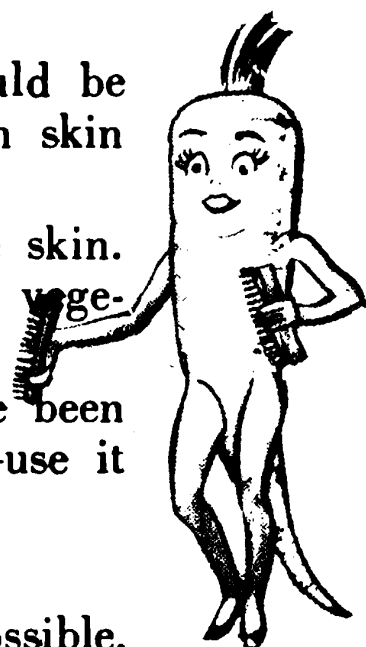
General directions for preparing and cooking vegetables.



*Fresh Vegetables**

1. Use especially the green and juicy ones, as soon as possible after gathering from the garden.
2. Prepare (pare, cut up, etc.) for serving raw in salads or for cooking, just before using.
3. Use raw in salads often, for raw vegetables contain maximum food value since none has been destroyed by cooking, and they also give variety to the diet.
4. When cooking vegetables, remember that:
 - a. Baked and steamed vegetables retain more food value than do boiled ones.
 - b. Vegetables cooked in the skin retain more food value than do pared ones.

- c. Vegetables cooked in the skin should be well scrubbed before cooking. Then skin and all may be eaten.
- d. Much of the food value is near the skin. Make the peelings thin when paring vegetables.
- e. The water in which vegetables have been cooked contains much food value—use it in soups, sauces, and gravies.



- 5. Cook vegetables in as little water as possible.
- 6. Leave the lid off to keep green vegetables green.
- 7. Have the water boiling before the vegetables are put in to cook. Bring back to simmering as quickly as possible.
- 8. Cook until *just* tender and *no* longer. Overcooking changes the flavor, texture, and the color, and decreases the food value.
- 9. Cook tender, mild flavored greens such as spinach in only the water that clings to the leaves after washing.

* The sanitary conditions under which vegetables are grown determine whether they may be eaten raw.

DEHYDRATED VEGETABLES

Dehydrated vegetables except leafy greens should be soaked before being cooked, and cooked in the soaking water. This water contains nutrients that have dissolved into it. How much water needs to be used for soaking varies, but can be estimated at about 1 cup of water to each cup of dried vegetable. Soaking time varies, depending on the type of vegetable to be reconstituted. For example, cabbage and onions can be dropped directly into boiling water, potatoes require twenty to forty minutes, beans and peas should be soaked two to three hours.





Buttered Beets

Young raw beets salt oleomargarine

1. Leave the long taproot and an inch or two of the stem on the beets, scrub thoroughly.
2. Add enough boiling water to cover and cook until tender, 30 to 60 minutes.
3. Plunge the cooked beets into cold water and slip off the jacket covering.
4. Slice the beets, sprinkle with salt, and add a small amount of oleomargarine to season.

Mixed Greens

2 or more kinds of greens such as beet and turnip tops and spinach, salt, and fat.

1. Wash greens through several waters.
2. Cook quickly in an uncovered kettle in a small amount of salted boiling water until tender, from 5 to 10 minutes.
3. As soon as tender, drain and chop.
(Save the liquid for soups, gravies, etc.)
4. Season with the fat.

Note: A little chopped onion may be cooked in the fat until slightly browned and mixed in with the chopped greens. (1 pound of cleaned raw greens will make 3 to 4 servings when cooked.)

Browned Parsnips

Parsnips

flour

melted fat

1. Scrub parsnips clean, drop into lightly salted boiling water, and cook for 20 to 30 minutes, or until tender.
2. Drain, scrape off the skin, split lengthwise, and pull out the stringy cores.
3. Dip the pieces in flour and fry until golden brown.

Panned Cabbage

4 tablespoons fat
2 quarts shredded
cabbage

1 teaspoon salt

1. Melt, without browning, the fat in a kettle or frying pan.
2. Add the cabbage, stir thoroughly, and cover tightly.
3. Cook slowly, stir occasionally so cabbage will soften without browning.
4. When cabbage is tender, but still green and slightly crisp (this should take about 5 to 8 minutes) add the salt.
5. Serve at once.

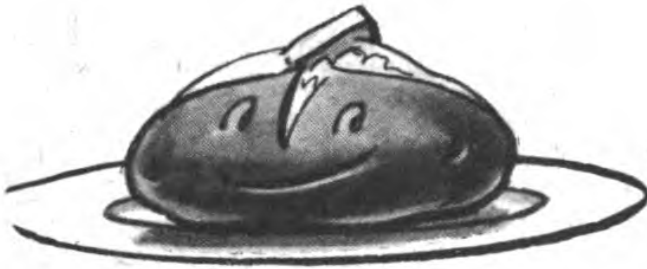


Breaded Tomatoes

3 cups cooked tomatoes	1 teaspoon sugar
1 tablespoon oleomargarine	1 cup cubed toasted bread or biscuits
½ onion	¼ teaspoon salt

1. Cook the tomatoes and onion for 5 minutes.
2. Add the sugar, salt, and oleomargarine.
3. Place the toasted bread cubes in a bowl and pour the hot tomatoes over them.
4. Serve at once.





Baked Potatoes

6 potatoes (medium size)

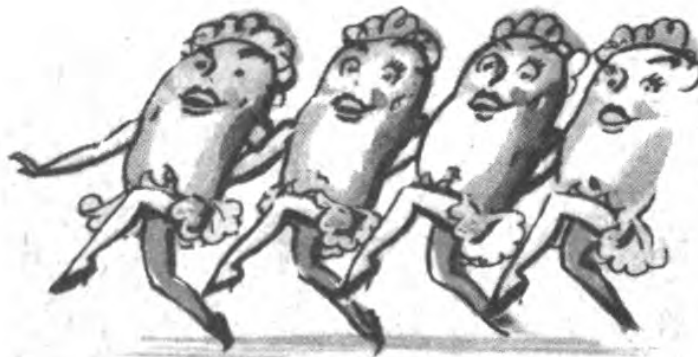
$\frac{1}{2}$ teaspoon fat, salt, oleomargarine

1. Scrub potatoes thoroughly, removing all blemishes.
2. Grease skins lightly.
3. Bake in a moderate oven until potatoes are soft when pricked with a fork or pressed, about 1 hour.
4. Remove from oven.
5. Slit crosswise, press together to enlarge opening, sprinkle with salt and insert a piece of oleomargarine. Serve at once.

Scalloped Potatoes

6 raw potatoes (med. size)	1 teaspoon salt
2 tablespoons oleomargarine	2 cups milk
	1½ tablespoons flour

1. Pare and slice potatoes.
2. Arrange in baking dish in layers sprinkling each layer with salt and flour, and dotting with oleomargarine. ,
3. Add the milk.
4. Bake in a moderate oven until potatoes are tender, about 1 hour.



MEAT, FISH, CHEESE, AND PEANUT BUTTER DISHES

Sandwich Fillings

Liver paté thinned with milk and combined with cut up dried fruit.

Cheese and a very thin slice of pork luncheon meat or liver pate.

Peanut butter thinned with milk and combined with cut up dried fruit.

Peanut butter mixed with jelly, apple butter, or oleomargarine.

Corned Beef Hash

1. Cut up corned beef into small pieces.
2. Combine with cubed cooked potatoes.
3. Season and brown in a small amount of oleomargarine or bake in a moderately hot oven.



Meat Patties

1. Form seasoned mashed potatoes (or thick cooked cereal) into small patties.
2. Moisten liver paté, salmon, or tuna with milk. Form into small patties $\frac{1}{2}$ the size of the potato patties.
3. Press together firmly a potato and meat patty.
4. Brown in a small amount of oleomargarine.

Baked Potatoes with Peas and Ham

2½ cups cooked peas, water in which peas are cooked	1 cup chopped ham
4 tablespoons oleomar- garine	4 tablespoons flour
	6 baked potatoes
	1 cup milk

1. Melt the oleomargarine; add flour; stir until well blended.
2. Add the milk and water from the peas (about 1 cup) and cook until the mixture thickens, stirring constantly.
3. When ready to serve, add the peas and chopped ham and heat thoroughly.
4. Open the hot baked potatoes by cutting cross over the top and pressing from bottom.
5. Pour the sauce mixture over the opened potatoes and serve at once.



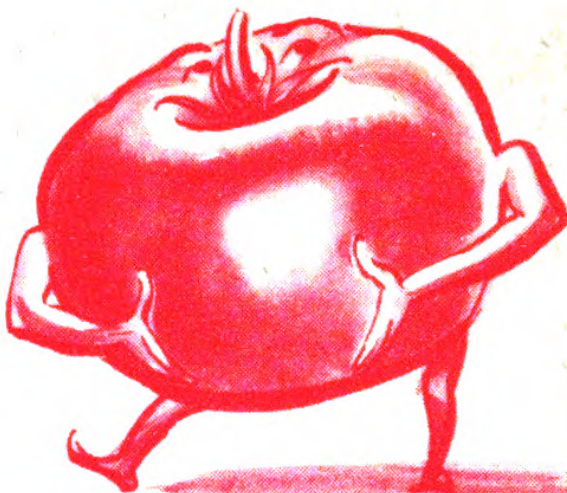
Shepherd Pie

**2 cups canned meat
(cut in cubes)
1 tablespoon oleomargarine**

**1 small onion
1 tablespoon flour
1 cup milk
Mashed potatoes**

1. Melt oleomargarine and brown flour and onion in it.
2. Add the milk and bring to a boil, stirring constantly.
3. Add the meat, season and put into a greased pan.
4. Cover with mashed potatoes by spoonful, and bake about $\frac{1}{2}$ hour.





Stuffed Tomatoes

6 large tomatoes

1 small onion (minced)

**1 cup cooked meat
(chopped or ground)**

Buttered crumbs

**1 cup cooked rice or
potatoes**

1 teaspoon salt

1. Core the tomatoes and cut a thin slice from the stem end.
2. Remove pulp, sprinkle inside with salt.
3. Mix meat, potato, tomato pulp, onion, and salt together. Add a few crumbs if the mixture needs thickening. •
4. Stuff the tomato shells with the mixture. Cover with buttered bread crumbs.
5. Bake in a moderate oven until the tomatoes are tender, about 30 minutes.

Corned Beef with Tomatoes

1 can roast beef	2 tablespoons flour
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup oleomargarine
2 cups cooked tomatoes	2 small onions

1. Melt the oleomargarine over a low fire and blend in the flour.
2. Add the salt and tomatoes. Bring to a boil.
3. Place roast beef in a pan and cover with chopped onions and sauce.
4. Bake 30 minutes in a hot oven.



Salmon Loaf

One 7-ounce can of
salmon
2 tablespoons melted
fat

1 cup bread crumbs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon salt

1. Combine the crumbs with the salt and fat.
2. Add the milk and mix well (if the mixture is dry add more milk or vegetable water.)
3. Flake the salmon and add it to the bread crumb mixture.
4. Turn into a greased baking pan and bake in a moderate oven until firm and browned, about 45 minutes. Or, place the mixture in a container (such as the dried milk tin) which has been greased. Cover. Place in another container filled with enough water to produce steam. Bring water to a boil. Cover and let steam for an hour. Add water, if necessary, to prevent outer utensil from boiling dry.

Variations:

1. Corned beef, liver paté, or tuna may be used instead of salmon.
2. One-half teaspoon dry mustard and 1 slightly beaten egg may be added to the mixture before baking or steaming.

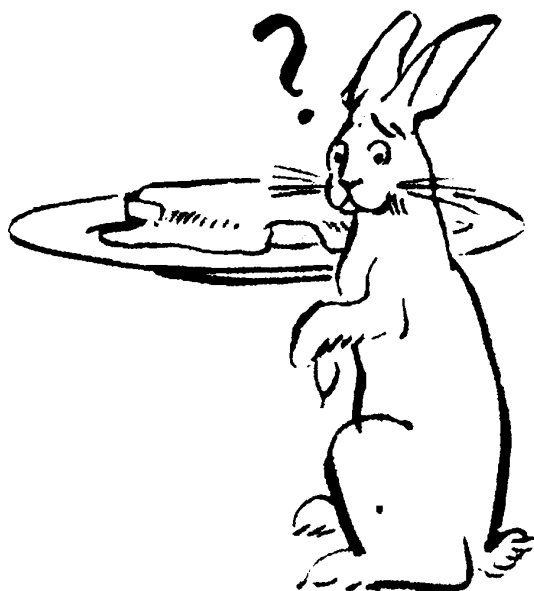


Welsh Rarebit

2 tablespoons oleomargarine
1/2 teaspoon salt

2 tablespoons flour
1/2 cup grated cheese
1 cup milk

1. Melt the oleomargarine over a low fire, blend in the flour.
2. Add the salt and milk, stirring constantly until the mixture begins to thicken.
3. Remove from the fire and stir in the cheese. (If the cheese is overheated, it becomes stringy.)
4. Pour over toast or crackers, and serve immediately.





Fried Fish Cakes

One 7-ounce can of salmon or tuna, 3 cups hot mashed potatoes seasoned with milk, salt, and oleomargarine.

1. Flake the fish, mix with the hot mashed potatoes, and mold into flat cakes.
2. Fry slowly on both sides until crusty.
3. Serve at once.

Peanut Butter Cakes

1. Add peanut butter to mashed potatoes.
2. Mix thoroughly and form into cakes.
3. Brown in a small amount of oleomargarine.



Cheese Cakes

1. Form seasoned mashed potatoes into small cakes.
2. Place a thin slice of cheese inside each cake.
3. Brown in a small amount of oleomargarine.

———— S A L A D S ————

Salads provide an excellent way to use fresh raw vegetables.* These raw foods supply the body with roughage, as well as with minerals and vitamins that are so essential to good health. Vegetables like young turnips and carrots can be cut in thin sticks and eaten raw with salt, like celery.

* The sanitary conditions under which vegetables are grown determine whether they should be eaten raw.

Suggested Salad Combinations

Beans (green, cooked), peas (cooked), raw carrots, and onions.

Cabbage and carrots.

Cabbage, carrots, and raisins.

Cabbage and tomatoes.

Greens (mixed), radishes, and onions.

Peas (cooked), cheese (cubed), and sliced onion.

Peas (cooked), onion, cabbage, and flaked salmon.

Turnips (raw), cabbage, and carrots.



Wilted Spinach

½ pound tender raw	1 teaspoon salt
spinach or leaf lettuce	2 small green onions
¼ cup fat	(minced)
6 radishes (sliced)	1 teaspoon sugar
4 tablespoons vinegar	

1. Wash spinach thoroughly. Drain and shred.
2. Add minced onion and sliced radishes.
3. Heat fat, add the vinegar, sugar and salt.
4. Let mixture come to boil; then pour over spinach and serve at once.

Cooked Salad Dressing

1 tablespoon sugar	1 tablespoon oleomargarine
1 tablespoon flour	1 teaspoon mustard
$\frac{1}{4}$ cup vinegar	$\frac{3}{4}$ cup hot milk or water
$\frac{3}{4}$ teaspoon salt	
1 egg, slightly beaten, (and we hope you can get it).	

1. Mix the dry ingredients.
2. Add the beaten egg and mix well.
3. Add milk slowly; blend thoroughly.
4. Add vinegar and cook mixture very slowly stirring constantly until it thickens.
5. Remove from fire and add the oleomargarine.
6. Cool and use the same day it is made. (Makes 1 cup.)



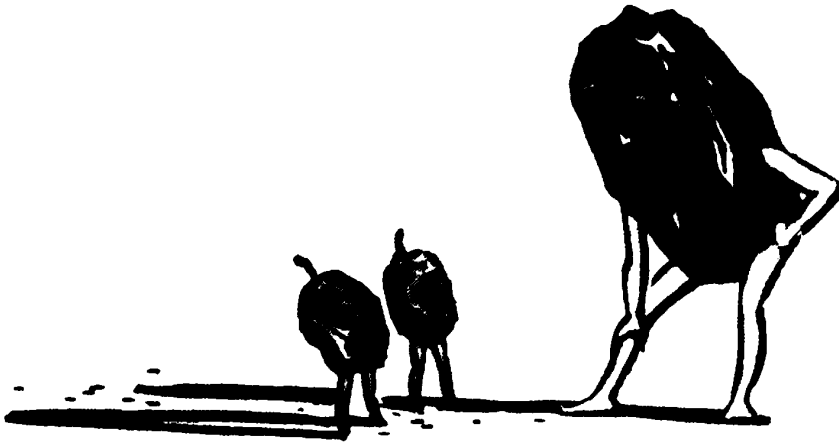
DESSERTS

The chocolate and the fruit bars make excellent desserts. They are rich, concentrated bars, therefore should be eaten slowly.

Jelly or other sweet spreads when used on bread, biscuits, or crackers can also be used as desserts.

The prunes and raisins may be eaten as they come from the package or cooked.





Prunes

Cover with water, and boil until tender, about 30 minutes. No sugar is needed, but 2 table-spoons for each cup of prunes may be added if desired.

Raisins

Add 1 cup of water for each cup of raisins, boil 10 minutes, adding 2 teaspoons sugar for each cup of fruit.



Raisin Brittle

1 cup sugar
½ cup raisins

**¼ teaspoon oleomar-
garine**

1. Oil a flat pan with the oleomargarine.
2. Sprinkle the raisins over the bottom of the oiled pan.
3. Place the sugar in a skillet. Heat very slowly, stirring constantly until the sugar melts to a light brown syrup.
4. Pour over the raisins and allow to cool.
5. Break into serving size pieces.

Prune Betty

1½ cups cooked prunes	½ teaspoon salt
4 cups toasted bread	¾ cup water
crumbs or cubes	¾ cup sugar
1½ cups cooked raisins	2 tablespoons
1 cup prune liquid	oleomargarine

1. Cut prunes into medium pieces.
2. Place half of toasted bread cubes in greased pan (about 1½ quart size).
3. Add prunes in a layer, raisins, then remaining bread cubes.
4. Combine the prune liquid, water, sugar, salt, and oleomargarine and boil 2 to 3 minutes.
5. Pour evenly over mixture.
6. Bake covered in moderate oven about 1 hour.



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NOTES

These suggestions have been prepared by The American Red Cross Nutrition Service at the request of the Section of Relief to Prisoners of War, Insular and Foreign Operations. They were approved by the Menu Making Section of the Subsistence Branch of the Quartermaster Corps. The lay-out and art work were executed by Army Information Branch, MSD, War Department.

